The Case for Magnesium (Mg) Supplementation

Over 50% of Americans don’t meet the daily dietary magnesium requirement.¹

Magnesium contributes to more than 300 enzyme reactions in the body on a daily basis. Some of the more critical roles that magnesium plays in the body include nerve conduction, muscle contraction, energy production, nutrient metabolism, and protein, bone and DNA formation.

Why is Magnesium Deficiency Occurring?

- The Standard American Diet (SAD) is high in processed foods and carbohydrates, low in vitamins and minerals.²
- Data suggests that produce has experienced a decline in mineral content over the last century.¹
- Magnesium depletion in soil through lack of plant rotation, overproduction and pesticide use.

Benefits of E-Z Mg™:

- Plant-based, naturally occurring multiform of magnesium
- Helps to bridge the gap in dietary magnesium intake*
- May promote whole body and urine alkalization*
- Rich source of Vitamin K1
- USDA Organic, Gluten-Free, Vegan
- No artificial colors, sweeteners, or preservatives.

Signs of low magnesium may include:⁴,⁵

- Mild headaches
- Brain fog
- Muscle twitches
- Tremors
- Cramps
- Fatigue
- Muscle weakness
- Mood change
- Glucose management

E-Z Mg™ may not address these concerns and is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4 g</td>
<td>1%*</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
<td>4%*</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin K1</td>
<td>60 mg</td>
<td>50%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>30 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>85 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>50 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Potassium</td>
<td>350 mg</td>
<td>8%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>6 g</td>
<td></td>
</tr>
<tr>
<td>Organic dried swiss chard (beet leaf) juice and organic dried buckwheat (several parts) juice</td>
<td></td>
<td></td>
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</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Organic rice (husk) concentrate, natural flavor, and monk fruit extract.

E-Z Mg™ is available in convenient, portable stick packs.

Warning: This product contains naturally occurring Vitamin K1. All forms of Vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you have been directed to eat a diet low in oxalates (found in leafy green vegetables), please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before taking this product.
E-Z Mg™

More than
80% of the raw plant ingredients used in our products are grown on our certified organic and sustainable farm.

E-Z Mg™ contains 6g of our proprietary blend of organic dried Swiss chard (beet leaf) and organic dried buckwheat (aerial parts) juice, delivering 85mg of elemental magnesium. Each serving contains a PRAL value estimated at -8.9mEq which may promote urine and whole body alkalization.*

FIGURE 1. Multiform Magnesium

PLANT-BASED Mg**

- Mg threonate
- Mg bisglycinate
- Mg citrate
- Placebo

** Indicates a significant difference from control on day 15, p < 0.05 (fisher LSD).

FIGURE 2. Elevation of ionized Mg level

Percent change in CSFMg level from baseline after 14 days of administration with various Mg forms.

Additional Product Support

- Cataplex® B12
- Cellular Vitality
- Cruciferous Complete™
- Neuroplex®
- Neurotrophin PMG®
- OPC Synergy®
- ProSymbiotic
- Thymus PMG®
- Tuna Omega-3 Oil

REFERENCES


Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a wholistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It’s how we define the whole food health advantage.